

## Claims

1. Sock, especially for use in sports, which has padding in the area of the Achilles tendon formed by at least two spacing pads arranged along and on either side of the Achilles tendon, where a rib is provided between the two spacing pads, characterised in that the rib (26) is recessed between the two spacing pads (24, 25) and that the spacing pads (24, 25) project outwards over the rib (26).
2. Sock according to claim 1, characterised in that the rib (26) has the shape of a pad of lesser thickness than the spacing pads (24, 25).
3. Sock according to claim 1 or claim 2, characterised in that the rib (26) is manufactured of a textile fabric with a climate-regulating effect.
4. Sock according to one of the claims 1 to 3, characterised in that the spacing pads (24, 25) are adapted to the anatomy of the foot in the area of the Achilles tendon.
5. Sock according to one of the claims 1 to 4, characterised in that the spacing pads (24, 25) consist of hollow-chamber fibres, around which wool or cotton is spun.
6. Sock according to one of the claims 1 to 5, characterised in that the sock has other pads (22, 23).
7. Sock according to one of the claims 1 to 6, characterised in that the sock is fitted with an X-shaped cross bandage.
8. Sock according to one of the claims 1 to 7, characterised in that the sock has an air duct (27).